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SCIENTIFIC PALMIST  
Will tell you all about business transactions,  
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Readings—development of the speaking  
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Private pupils.  
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**NOTICE!**  
To the Ladies and Gentlemen of Ben-  
nington and Vicinity.  
Call and see my new Spring and  
Summer samples, and you will surely  
leave your order. Prices very rea-  
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Practical and Scientific Horse-  
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PRACTICE LIMITED TO  
**EYE, EAR, NOSE**  
**AND THROAT**  
18 Ashland Street  
NORTH ADAMS, Mass.

**DR. C. W. WRIGHT**  
Eye, Ear, Nose and Throat  
Glasses Properly Fitted  
Eye and Ear Surgeon to the City Hospital,  
Formerly clinical assistant in the Central  
London Eye Hospital, also assistant sur-  
geon at the New York Nose and Throat  
Hospital.

DOWLIN BLOCK NORTH ADAMS

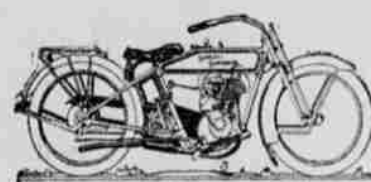
**BIRD GUIDES!**  
**FLOWER GUIDES!**  
**A. EDDY**  
Putnam House Building, Opposite Memorial Fountain

**J. R. Wilson, M. D.**

PRACTICE LIMITED TO  
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GRADUATE OF  
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UNIVERSITY OF CHICAGO  
VIENNA AND YOLING  
OFFICE HOURS  
10:30 to 12:00; 1:30 to 4:30; 6:30 to 8:00  
SUNDAYS BY APPOINTMENT  
TELEPHONE 392

201 Union Street Bennington



**The 6-Horse Power Single Cyl-  
inder Harley-Davidson**

will take you where you want to go  
safely and quickly at so small expense  
that it will astonish you. This model  
has less speed than the big twin model  
yet will climb the hills with ease.

This is the ideal motor for the boy or  
man who wants plenty of power, yet  
less weight and speed than the big  
twin. This model \$200.

Same with 2 Speed gear \$230.

Ask us about terms.

Agents wanted in Arlington, Shaftes-  
bury, Pawnee and Dorset.

**Bennington Motorcycle Co.**  
42 Main Street  
S. A. PATTERSON, J. R. DEMING, MANAGERS



**Hotel Gregorian,**  
35th St., Near Broadway,  
NEW YORK CITY.

Rooms for transient, homelike atmosphere  
and luxurious comforts at moderate prices.  
A few minutes' walk from Pennsylvania  
and New York Central Depots. Immedi-  
ately surrounded by leading theatres and  
retail shops.

300 Rooms with Private Bath  
\$2.00 to \$4.00 per day.

Parlor, Bedroom, Bath, \$4 up  
Special terms for month or season.

Restaurant Table d'Hôte and à la Carte  
DANIEL P. RITCHIE, Prop.

## CUTS OF MEAT.

It Is Necessary to Know Muscle  
Structure.

DIFFERENT PARTS NAMED.

Some Expert Help For Young House-  
wives Who Have Not Yet Learned  
How to Cook Cheap Meats in the  
Most Nourishing, Tempting Way.

It would seem that the last word had  
been said on cheaper cuts of meat. But  
the increase in the high cost of living  
makes the meat problem still as tough  
as ever.

What are the much maligned and  
equally much praised cuts called  
"cheaper"? To know this we must  
know the architecture of the animal  
muscle. Whatever portions are subject-  
ed to muscular exercise (thus the loin) are  
tougher because the muscles have been  
used more. This does not mean that  
there is not as much nourishment in  
tough muscles as in tender ones. The  
cheaper cuts have tougher fibers, and  
the whole problem is to prepare and  
soften the fibers and thus put them on a  
par with more tender parts. The  
muscles of the abdomen are also ten-  
der, but give a very coarse meat.

The structure of the muscle fiber  
must be studied in order to apply the  
best methods of cooking. Each fiber is  
like a thin section of orange, being  
surrounded with a firm tissue and con-  
taining juice within. If we cut the  
fiber across the juice will escape. If  
we heat the fiber in a high tempera-  
ture we will harden it still more and  
prevent the escape of juices. If we  
cut it and soak it in water the juices  
again will escape. But if we pour  
scalding water or liquid on the fiber it  
will have much the same effect as  
heating it rapidly to a high point.

Now, the ideal in handling all cheaper  
cuts is first to harden the fiber either  
by pouring on boiling water or by  
heating it to a high degree in order to  
avoid the escape of the juices, and sec-  
ond, to cook it slowly so that the fiber  
will eventually be very soft, the juices  
dissolved and the flavor as much as  
possible retained. None of these meats  
should be covered at first with cold  
liquid or cooked slowly before the out-  
side fiber is seared.

What are some of these cuts by  
name? Perhaps this partial list will  
give suggestions which your butcher  
can help you carry out.

Cheaper cuts of beef:

Rump—Roasts, braising, à la mode,  
stewing.

Chuck Ribs (1 and 2)—Roast, steak,  
Chuck Ribs (last 3)—Stewing, brais-

ing.

"Plate"—Soup, stew, rolled pieces.

"Skirt"—Corned and pot roast.

"Skirt"—Stew, braising, soup.

Neck—Soup, stew, meat for cro-  
quettes, etc.

Veal:

Breast—Soup, stew, made dishes  
real loaf.

How oven, which is also used in  
cooking other foods, can be used, or  
above all, the "fleece cooker," which  
cooks without heat. Here, too, the  
drip-proof or earthenware dishes can  
be used to best advantage, for then the  
food may be cooked and served in the  
same dish.

## SPRING NECKWEAR.

Fichus and Frills Are Coming to the  
Fore Now.

With a plain satin shirt waist are  
worn this collar and vestee of  
white georgette crepe, down the front



A NEW COMBINATION.

of which drapes crisp white net dan-  
dily inserted and edged with fine val.  
The effect is fresh and springy.

## Chicken With Peanuts.

Cut a young chicken into small pieces,  
roll in flour and fry brown in lard or  
butter. When the chicken is done pour  
over it a cupful of sweet cream and  
sprinkle liberally with roasted peanuts  
put through a meat grinder.

## GREEN MOUNTAIN VALLEY

Robert Mattison is driving a fine  
young colt.

Mr. Turner and Mr. Sturges were  
present at the picnic.

Mr. and Mrs. Oscar Cross were in  
Bennington Saturday.

Schuyler Harrington was in Benning-  
ton Monday on business.

George D. Mattison and son Gaylord  
were in Bennington Saturday.

Merton Olin and wife were in Ben-  
nington Saturday on business.

Mrs. Collins Nash and nephew, Will  
Harrington were in Bennington Sat-  
urday.

Rev. George Sturges will hold a ser-  
vice next Sunday at 3 p. m. at Mrs.  
Cranton's.

Deaconess Mary Tillotson will spend  
her annual vacation in New Hampshire  
with her mother.

Mrs. Sarah Kendall has returned to  
her home at Oakland Farm after visit-  
ing in Arlington.

Rev. George J. Sturges was auto  
driving in Green Mountain Valley Sat-  
urday, calling on friends.

Warren Lyman and son Clyde Ly-  
man of Wilmington visited relatives  
in Arlington and Green Mountain Val-  
ley recently.

Lemuel Oakes drew 35 hundred feet  
of lumber at one load from the Shak-  
shober plant, Fayville, on Monday to  
the Eagle Square Mfg. plant.

A large gathering of relatives and  
friends enjoyed dancing and a social  
evening at the road commissioner's  
home, Mr. and Mrs. B. R. Hullett, last  
Friday evening.

On the third Sunday in July the 16th  
one of the clergy of St. Peter's will  
hold a service at the Maple Hill school  
house at 3 p. m. All are present a sur-  
prise awaits you.

Deaconess Mary had her Sunday  
school picnic at Mrs. Collins' Nash's  
grove Tuesday, June 27. The day was  
an ideal one, a large gathering of  
grownups and schoolers. Mrs.  
Lauretta Saunders, aged 82 was  
at the picnic and enjoyed it.

Deaconess Mary has labored so un-  
failing in her efforts for the happiness  
of her charges the people love her and  
the children feel sad to have her leave  
on a vacation. She needs a rest and  
we will all be glad to welcome her  
back. Deaconess Mary will be absent on  
her vacation six weeks. There will be  
no Sunday schools at the Harrington  
or Maple Hill school houses. The  
Deaconesses will be present on August  
13 and we hope all will be present to  
greet her.

## Model Man.

"I once knew an eccentric man,"  
stated old Peter Pester, "who when  
he had got the desired number on the  
telephone did not demand, 'Hello,'

"Hello, hello." Instead he invariably  
said civilly, 'This is John J. Pester-  
dick wishing to speak to Mr. Back-  
over.' His funeral was the first ever  
held in the neighborhood where he had  
resided, and thenceforth men began  
down and went like children, being  
convinced that they would never again  
see his like."—Judge.

## Used to It.

"I am thinking of buying a couple  
more jets next to the one my house is  
on."

"Seems to me you've got a pretty  
big jet as it is."

"I know, but the mortgage is nearly  
paid off and I've got to have some-  
thing to worry about."—Exchange.

## One Better.

She—Oh, dear, do you know Jas-  
mine got the latest little table for her  
birthday? All you have to do is  
press a lever and it changes into a  
desk. He—That's nothing. All I had  
to do was to press the steering wheel  
on my auto and it turned into a tele-  
phone post.—Connell Widow.

## The Closed Circle.

Young Girl—Yes! I feel an intense  
longing to do something for others.

Friend—Just whom do you mean by  
others?

"Well, I suppose I mean almost any-  
body outside of my immediate fam-  
ily."—Life.

## Knew What Was Coming.

"Pa, what is a chronic kicker?"

"If you answer that boy's question  
do it without making any reference to  
me." put in mother.—Detroit Free Press

## Adjusting Auto Brakes.

The unequal adjustment of brakes  
probably does more damage to tires  
than actual wear. When one wheel  
locks and the other turns free there is  
a great amount of strain on the fabric  
of the tires on the locked wheel. By  
pinching jacks under each rear wheel  
one can adjust the brakes of each  
wheel so as to be uniform.

## Ball Bearing Repair.

When ball bearings become worn it  
is not always necessary to have com-  
plete new bearings installed. The old  
ones can be repaired and be almost  
as good as new. This can be done by  
turning up the ball races and using  
larger balls of proper size.

## Many Women Need Help

Women are as much inclined to kid-  
ney trouble as are men, but too often  
make the mistake of thinking that a  
certain amount of pain and torture is  
their lot and cannot be avoided. You  
cannot feel young and energetic nor  
can you have good health when your  
kidneys are not in sound condition and  
eliminating the poisons from your sys-  
tem that cause backache, pains in sides  
sore, swollen, stiff and aching joints  
and muscles. Foley Kidney Pills will  
help you. They give quick relief  
from kidney trouble and bladder ail-  
ments. Sold Everywhere.

## ADDS TO HOME PRIDE.

Aside from the benefits to  
health to be derived from a  
cleanup campaign, the increas-  
ed pride taken in the home and  
the added self respect that  
come from the living in a clean,  
neat, attractive place are worth  
all the trouble of such a cam-  
paign. Nobody takes any pride  
in living in a house with dirty,  
unattractive yard or grounds.  
Dirt, deterioration and disease  
go hand in hand, and all are  
enemies of public spirit and  
proper pride.

The neat, clean home is the  
attractive home. It is a better  
place in which to live because it  
is clean. It is a healthier place  
because of the freedom from  
rubbish and trash. Such a home  
shows that its owner takes a  
pride in keeping it up, and if it  
is placed on the market it will  
bring a higher price just because  
it is clean and neat than the  
place down the street, the yard  
of which is full of old bones,  
heaps of ashes, empty cans and  
waste paper and in general dis-  
orderliness.

## PUBLIC UTILITY POLICY.

Conclusions Adopted by the National  
Municipal League.

At a recent meeting of the committee  
on municipal program of the National  
Municipal League the following con-  
clusions were adopted and ordered to  
be included in appropriate sections for  
insertion in the league's model city  
charter:

The public utility and franchise pol-  
icy embodied in a model city charter  
should be so formulated as to conserve  
and further the following purposes:

First.—To secure to the people of the  
city the best public utility service that  
is practicable.

Second.—To secure and preserve to the  
city as a municipal corporation the  
fullest possible control of the streets  
and of their special uses.

Third.—To remove as far as practi-  
cable the obstacles in the way of the  
extension of the practice of municipal  
ownership and operation of public uti-  
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Fourth.—To secure for the people of the  
city the public utility rates as low as  
practicable consistent with the realiza-  
tion of the three purposes above set  
forth.

It should be no part of such policy to  
secure compensation for franchises or  
special revenues for general city pur-  
poses by an indirect tax upon the con-  
sumers of public utility services.

In formulating a policy to carry out  
the four purposes above stated as de-  
sirable the following principles should  
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of plant and service, as well as to the  
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Second.—Every franchise should be  
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pensation being paid to its owners  
when the city is prepared to undertake  
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Third.—The control of the location  
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Fifth.—Private investments in public  
utilities should be treated as invest-  
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and the rate of return allowed thereon  
should be reduced to the minimum re-  
turn necessary in the case of safe in-  
vestments with a fixed and substan-  
tially assured fair earning power.

## Tin Can Hatcheries.

Empty tin cans, bottles and jars  
thrown into heaps in back yards or on  
vacant lots catch rainwater. Mosqui-  
toes lay their eggs in stagnant water,  
and the water in an old tin can is just  
as good an incubator for mosquitoes as  
is that of a pond or a puddle. Mos-  
quitoes carry the germs of malaria.  
Not all mosquitoes are malaria mosqui-  
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limited distance from their breeding  
places. Therefore if residents of such  
localities develop malaria they will  
have had to go somewhere else to con-  
tract it.

## Scientific Farming

### THE "LAND POOR" FARMER.

Farms Are Often Either Too Small or  
Too Large For Success.

(From "Unprofitable Acres," by J. C.  
McDonald, United States department of  
agriculture this year book.)

The size of the business often has  
much to do toward making the farm  
profitable. Department of agriculture  
farm management records show that  
farms are often either too small or too  
large for the most successful farming.  
There may be too few as well as too  
many acres. A man may not have  
enough land or he may be "land poor,"  
thereby rendering all his acres unprof-  
itable.

A Wisconsin farmer with a large  
family was deeply in debt. His farm  
consisted of 120 acres, half of which  
was under the plow. The remainder  
was woodland and expensive to clear.  
For twelve years the farmer had not  
been quite able to meet his interest.

To him the whole farm consisted of  
unprofitable acres. He finally decided  
that the farm was too small for the  
most efficient use of the labor avail-  
able. Having an opportunity, he  
bought an adjoining eighty acres of

land, and cleared it.

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